

# Health & Physical Education

## Enduring Understandings

### Health Education

A health literate individual will...

- understand concepts related to promoting a healthy lifestyle and disease prevention.
- analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- access accurate information, products, and services to enhance health.
- use interpersonal communication skills to enhance health and avoid or reduce health risks.
- use decision-making and goal-setting skills to enhance health.
- practice health-enhancing behaviors and avoid or reduce health risks.
- model the ability to advocate for personal, family, and community health.

*(Adapted from the National Health Education Standards)*

Individuals who are health literate have the skills to gather, understand, and act upon information and knowledge to improve their health and well-being.

### Physical Education

A physically literate individual...

- uses a variety of skills to participate in physical activities.
- knows how to move and use strategies when they play games.
- knows and practices the skills that help them maintain a healthy lifestyle.
- acts fairly, responsibly, and respectfully when they participate in activities.
- knows why it is important to be physically active.

*(Adapted from SHAPE America's student-friendly national standards for physical education)*

Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments (land, water, air, snow, and ice) that benefit the healthy development of the whole person. *(PHE Canada)*

### Graduation Requirement

1 Credit of Physical Education

1/2 Credit of Health

# Health & Physical Education

## Sequence

### 9th Grade

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**Choosing Wellness**

(Health) +  
1/4 Credit

**Fit for Life 1**

(Physical Education) +  
1/4 Credit

### 10th Grade

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**Healthy Decisions**

(Health) +  
1/4 Credit

**Fit For Life 2**

(Physical Education) +  
1/4 Credit

**Introduction to Strength and Endurance**

(Physical Education) +  
1/4 Credit

**Strength and Endurance**

(Physical Education) ^  
1/4 Credit

### 11th & 12th Grade

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**Introduction to Strength and Endurance**

(Physical Education) +  
1/4 Credit

**Strength and Endurance**

(Physical Education) ^  
1/4 Credit

**Team Sports and Games**

(Physical Education)  
1/4 Credit

**Lifetime and Recreational Sports**

(Physical Education)  
1/4 Credit

**Greyhound Fitness**

(Physical Education) ^  
1/4 Credit

**Independent Study: Personal Fitness**

(Physical Education) ^  
1/4 Credit

0 Hour Meets 7:23-8:10am (A day / B day)

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| <ul style="list-style-type: none"><li>+ <b>Course can only be taken once</b></li><li>^ <b>Department approval required</b></li></ul> |
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## **Health Mission Statement**

The mission of the Clayton High School Health Education Program is to build comprehensive health knowledge and skills in developmentally appropriate ways in grades 9-10, in an effort to prepare and empower students to value and engage in lifelong healthy lifestyles which will allow them to reach their fullest potential and assure that they become productive, responsible citizens.

The learning standards for this curriculum are based on the SHAPE America Standards for Health and Physical Education and allow students to have multiple opportunities to learn through a planned and sequential instructional program. The Health Program is viewed as an integral part of a student's academic learning and is a valuable component of a well-rounded education.

Our goal is to reduce risk behaviors and increase healthy habits which will promote strong bonds between students and their families, schools, and community. This will be achieved through the students' increased health literacy, the development of healthy self-management skills, and through the advocacy of their healthy behaviors and practices. The acquisition of these will be undertaken in active, student-centered, non-threatening environments in which students are challenged to do their best in developing the foundation of healthy, life-long habits.

## **Physical Education Mission Statement**

The mission of the Clayton High School Physical Education Program is to educate all students to their highest level of academic and wellness potential and to teach them the skills and knowledge necessary to lead a physically active lifestyle.

Physical Education is an integral part of the total educational process. It gives students the opportunity to develop physically, mentally and social-emotionally through the use of physical activity. Physical Education helps students achieve the skills, physical fitness, knowledge, social qualities and attitudes that will allow them to develop an optimal quality of life and wellbeing.

Physical Education supports the broad goals of education by encouraging students to participate in lifelong activities and by giving them the personal living skills that make this possible. This is achieved through the pursuits of skills and knowledge in movement understanding the effects of physical activity upon the body, feelings of adequacy and mastery and the development of a personal value system regarding physical activity.



## CHOOSING WELLNESS

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9th Grade +  
Credit – 1/4 Health Credit  
Semester 1 or 2

This required health course for ninth graders provides students with the information and skills necessary to access, understand, appraise, and apply health information needed to make appropriate health decisions. The areas of sleep, resiliency, alcohol, consumer and media literacy, nutrition, e-cigarettes and vaping, fire safety, home safety, and basic first aid will be explored. **(This course does not qualify for NCAA eligibility.)**

## HEALTHY DECISIONS

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10th Grade +  
Credit – 1/4 Health Credit  
Semester 1 or 2

This required health course for tenth graders builds upon the Choosing Wellness course, and provides students with the information and skills necessary to access, understand, appraise, and apply health information needed to make appropriate health decisions. The areas of healthy relationships (consent, sexual harassment, and dating violence), human sexuality (abstinence, contraceptives, sexually transmitted diseases and infections, and HIV and AIDS), alcohol and drugs (marijuana, methamphetamines, prescription drugs, opioids, heroin, and cocaine), and mental health (stress, anxiety, mental illness, self-injury, and suicide awareness and prevention) will be explored. **(This course does not qualify for NCAA eligibility.)**

## FIT FOR LIFE 1

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9th Grade +  
Credit – 1/4 Physical Education Credit  
Semester 1 or 2

This required physical education course for ninth graders is designed to give students the opportunity to enjoy and engage in healthy levels of participation in a wide variety of physical fitness activities. Students will enhance their quality of movement by understanding, developing, and transferring fitness- and sports-based concepts and skills to various movement activities. Students will learn the short- and long-term benefits associated with a high level of fitness, will assess their current level of fitness through self-assessments, and will create personal goals to achieve during class. Fitness testing is required by the State of Missouri and will occur during this course.

## FIT FOR LIFE 2

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10th - 12th Grade +  
Credit – 1/4 Physical Education Credit  
Semester 1 or 2

This physical education course will expand and build upon those concepts and skills learned in Fit for Life 1. Students will continue to enhance their quality of movement by understanding, developing, and transferring fitness- and sports-based concepts and skills to various movement activities. This course is designed to help move students toward confidently and competently navigating a fitness/wellness center in the future. **(This course does not qualify for NCAA eligibility.)**

## **INTRODUCTION TO STRENGTH AND ENDURANCE**

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10th - 12th Grade +

Credit – 1/4 Physical Education Credit

Semester 1 or 2

This course focuses on cardiovascular endurance, muscular strength, muscular endurance, and flexibility with an emphasis on technique and safety. The methods of training will consist of anaerobic and aerobic conditioning, and plyometric and strength training to enhance health- and skill-related fitness. Students taking this class will gain the confidence needed to navigate a strength training facility, and successfully tailor a workout for their own personal needs. **(This course does not qualify for NCAA eligibility.)**

## **STRENGTH AND ENDURANCE**

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10th - 12th Grade ^

Credit – 1/4 Physical Education Credit

Semester 1 or 2

**Prerequisite: Introduction to Strength & Endurance; Department Approval Required**

This course focuses on understanding exercise and its effect on the body. Students will improve their cardiovascular endurance, muscular strength, muscular endurance, and flexibility through a variety of conditioning activities. The methods of training will consist of anaerobic and aerobic conditioning, and plyometric and strength training to enhance health- and skill-related fitness. Emphasis will be placed on proper weight training and conditioning and developing muscular strength and endurance. **(This course does not qualify for NCAA eligibility.)**

## **TEAM SPORTS AND GAMES**

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10th - 12th Grade

Credit – 1/4 Physical Education Credit

Semester 1 or 2

**10<sup>th</sup> Grade Requires Department Approval**

This course is for students who want to participate in team sports that meet the need for enjoyment, challenge, self-expression, and/or social interaction in a competitive environment. The sports may include but are not limited to: basketball, flag football, floor hockey, futsal, Gaelic football, pickleball, ringette, sepak takraw, soccer, team handball, Ultimate Frisbee, and volleyball. **(This course does not qualify for NCAA eligibility.)**

## **LIFETIME AND RECREATIONAL SPORTS**

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10th – 12th Grade

Credit – 1/4 Physical Education Credit

Semester 1 or 2

**10<sup>th</sup> Grade Requires Department Approval**

This course is for students who want to participate in a variety of lifetime sports and recreational activities that can generally be pursued throughout one's lifetime. Students will participate in individual, dual, and team sports and recreational activities that meet the need for enjoyment, challenge, self-expression, and/or social interaction. The activities may include but are not limited to: archery, badminton, brännboll, disc golf, floor hockey, futsal, lawn games, orienteering, pickleball, rock climbing, ringette, table tennis, Ultimate Frisbee, volleyball, and yoga. **(This course does not qualify for NCAA eligibility.)**

## **GREYHOUND FITNESS**

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10th - 12th Grade ^

Credit – 1/4 Physical Education Credit

Semester 1 or 2

### **Department Approval Required**

This course has been carefully planned and designed for students who are interested in participating in a rigorous conditioning program that is based on health- and skill-related fitness principles. By the end of this course, students will have the knowledge base to create their own personal fitness program based on individual fitness goals. This class meets during 0 hour, A day or B day, from 7:23-8:10am. Students are required to secure department approval for enrollment. **(This course does not qualify for NCAA eligibility.)**

## **INDEPENDENT STUDY: PERSONAL FITNESS**

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11th - 12th Grade ^

Credit – 1/4 Physical Education Credit

Semester 1 or 2

### **Department Approval Required**

An independent study course is not a regularly scheduled class, but instead, is arranged, planned, and managed by a supervising teacher. Students considered for this class will work independently and on their own time. In Independent Study: Personal Fitness, students will develop and maintain a Personal Fitness Portfolio that includes a detailed log of the activities being done throughout the semester. Students will participate in a variety of physical activities in order to maintain and improve their current fitness levels and will be encouraged to select and participate in physical activities that meet the need for enjoyment, challenge, self-expression, and/or social interaction. Students are required to secure department approval for enrollment. **(This course does not qualify for NCAA eligibility.)**